

# In Season:

## October Edition

Hey Chefs,  
Here's your bite-sized seasonal rundown to help you plan smarter menus, stay ahead of shortages, and get inspired by what's tasting amazing this October. Let's get into it...

## Top of the Crops

### *What's Looking Great Right Now*

**Pumpkins** - we have a lovely variety on the market ready for seasonal menu changes and Halloween at the end of the month.

**Squashes** - all varieties are readily available  
(mixed, onion, spaghetti, gem and acorn to name but a few)

**Mixed Gourds** - these are for decorative use only and display, do not eat!

**Fresh Chestnuts & Wet Walnuts** - great for roasting and winter dishes.

**Mixed Chantenay Carrots** - lovely vibrant colours and always a firm favourite

**Piccolo Parsnips** - perfect this time of year and different to your standard parsnip, we highly recommend.

**English Apples** - we are still seeing lovely varieties from Victoria Farm in Kent

## Standouts & Struggles

### *The Positives*

**Melons (honeydew, galia, ogen, watermelon)** - the transition from Spanish to Brazilian went smoothly and season is now in full swing.

**Blood Oranges** - we have just seen early sightings of South African which are cutting open nicely with great colour.

**Brussel Sprouts & Tops** - this is a true sign that Christmas is around the corner, we haven't seen any stalks yet but these will follow closer to Christmas

**Turkish Figs** - these are fantastic at the moment and season booming.

**Kiwi's** - new season kiwi has started and great value for money.

**Toffee & Chocolate Apples** - great choice and availability will increase as the month goes on closer to Halloween.

### *The Challenges*

**Peaches & Nectarine** - the season is drawing to an end and the quality is starting to deteriorate slightly. We recommend starting to use alternatives.

**Cherries** - the price has flown threw the roof due to the Southern Hemisphere season drying up. Availability is next to nothing at the moment.

**Berries** - (strawberries, raspberries & blackberries) sadly the English season will be completely finished by mid-October. We will be moving across to European varieties which can naturally impact price and quality.

**Whole head Lettuces** - we have seen struggles with higher levels of aphids than normal on gem, cos and iceberg in particular. This is likely to mean an earlier finish to the English season than expected and transition over to imported goods.

**Peppers & Aubergines** - Dutch season is coming to an end as Spanish has started we are optimistic that we should have a smooth transition over.



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